DexaFit Scottsdale Expands Access to VO? Max Testing for Community and Regional Clients

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SCOTTSDALE, AZ - November 17, 2025 -
DexaFit Scottsdale has announced the availability of its VO? Max testing service for residents in Scottsdale and surrounding areas, including Phoenix, Paradise Valley, and Fountain Hills. This development expands access to advanced performance testing and provides the public with reliable data on cardiovascular health and aerobic capacity.

VO? Max, or maximal oxygen consumption, is regarded as one of the most accurate indicators of aerobic endurance and heart-lung efficiency. The test measures the maximum amount of oxygen the body can use during sustained exercise, offering insights that surpass traditional fitness evaluations. By introducing this service to a broader community, DexaFit Scottsdale underscores the importance of evidence-based approaches in health and wellness.

Historically, VO? Max testing has been reserved for professional athletes, researchers, and clinical institutions. Its availability through DexaFit Scottsdale now allows residents across the region to access the

same level of assessment once limited to specialized facilities. This reflects a shift toward bringing advanced tools to the community setting.

Chris Brubaker, owner of DexaFit Scottsdale, noted the value of the service. ?Cardiorespiratory fitness is one of the strongest predictors of long-term health outcomes,? Chris Brubaker said. ?VO? Max testing delivers objective data on how the heart, lungs, and muscles perform under exertion. By making this information accessible, DexaFit Scottsdale gives individuals the ability to better understand their current condition and how it may impact their future health.?

The testing procedure is conducted on a treadmill or cycle while the participant wears a mask connected to a metabolic cart. This setup measures oxygen and carbon dioxide exchange during exercise, producing detailed results that reveal aerobic efficiency, ventilatory thresholds, and individualized training zones. These outcomes help athletes and health-conscious individuals tailor exercise programs to their unique capacities.

What distinguishes VO? Max testing from other fitness assessments is its accuracy. While field tests such as timed runs or step protocols estimate aerobic capacity indirectly, VO? Max testing relies on direct physiological measurement. This removes uncertainty and provides reproducible data that can inform both short-term training and long-term health planning.

Researchers and public health experts have emphasized the link between aerobic capacity and longevity. Higher VO? Max scores are consistently associated with reduced risks of heart disease, metabolic disorders, and premature mortality. By offering this service locally, DexaFit Scottsdale is contributing to preventive health efforts that focus on monitoring key indicators before problems arise.

The expansion also reflects increasing demand for proactive health strategies. Rather than relying solely on traditional checkups, individuals are seeking ways to measure progress and track changes in performance over time. VO? Max testing aligns with this movement by giving people objective benchmarks they can revisit and evaluate throughout their health journey.

Chris Brubaker added that the service complements medical and training guidance. ?The results can be integrated into conversations with doctors, coaches, or trainers,? Chris Brubaker said. ?For some, it provides direction for athletic training. For others, it offers a baseline for maintaining cardiovascular health as they age. In every case, the value lies in having precise data to guide decisions.?

DexaFit Scottsdale?s approach emphasizes accuracy and accessibility. Since opening, the business has focused on providing services that move beyond surface-level metrics like weight or body mass index. The addition of VO? Max testing to nearby areas such as Phoenix, Paradise Valley, and Fountain Hills reinforces the company?s role as a regional provider of advanced health assessments.

As interest in measurable outcomes grows, VO? Max testing is expected to become more widely used across athletic and general populations. Having access to these results not only supports training and fitness optimization but also fosters awareness of long-term health indicators. For many, the test provides both motivation and accountability, encouraging consistent progress toward improved endurance and resilience.

The announcement continues DexaFit Scottsdale?s mission to offer science-based services that inform and empower individuals. By expanding access to VO? Max testing, the organization is enabling more people to incorporate reliable cardiovascular data into their health decisions. This availability reflects a broader trend of advanced diagnostic methods moving from research facilities into everyday community use.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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